

# SPICE OF LIFE



NEIGHBORLY NUTRITION MINUTE

FEBRUARY 2020

# American Heart Month



Heart disease is the #1 cause of death for American adults.

You can be heart-healthy by changing your lifestyle:

- 1 Eat the good stuff.** Fruits and vegetables, whole grains, nuts and fish are rich in fiber, potassium and antioxidants to keep your heart healthy.
- 2 Move every day.** Aim for 30 minutes of activity.
- 3 Stop smoking.** Smoking drains your body of nutrients that keep you healthy.

## EAT FOR YOUR HEART

**Eat plant foods.** Plants are rich in potassium. Potassium helps lower blood pressure.



Aim for at least 5 fruits and veggies every day.

**Eat healthy fats.** Snack on 1 small handful of nuts or eat fish 1-2 times per week.



Avocado, nuts and fish (salmon, tuna or cod) are rich in healthy fat

**Choose whole grains for extra fiber.** Watch your portions of starchy or sugary foods.

- 1 portion of rice or pasta is the size of your fist
- 1 portion of bread is 1 slice



Source: <https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/keep-your-heart-healthy>

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